

## **Local Community Organizations and Resources**

Local community organizations are also a potential source of useful information. To find a local support group, check out the NAMI Connections program [www.JoinNAMIConnection.com](http://www.JoinNAMIConnection.com), which is a peer-based support program for people with mental illnesses.

Visit these local organizations to find more information:

- National Alliance on Mental Illness (NAMI) [www.nami.org](http://www.nami.org)
- Depression and Bipolar Support Alliance (DBSA) [www.dbsalliance.org](http://www.dbsalliance.org)
- National Council for Community Behavioral Healthcare (NCCBH) [www.thenationalcouncil.org](http://www.thenationalcouncil.org)
- National Mental Health Association (NMHA) [www.nmha.org](http://www.nmha.org)

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